

### IMMUNIZE your child.

- Start your baby's shots on time.
- Keep your child's shots up-to-date.
- Take your child's shot record with you to every doctor visit.
- Ask the doctor or nurse what to expect after the shot.
- Keep your child's shot record in a safe place. You will need it for school and child care.

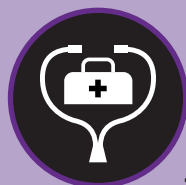
### PROTECT children's teeth.

- Do not let babies fall asleep with a bottle.
- Wipe or brush their teeth and gums every day.
- Start using fluoride toothpaste at about age 2.
- Give children a variety of healthy foods.
- Offer children water instead of sweet drinks.
- Take your child to the dentist at least once a year.



### DON'T SMOKE around children.

- It's never too late quit.
- Never smoke around children and pregnant women.
- Ask friends and family not to smoke in your home or car.



**DOES A CHILD have asthma? Asthma is a disease that can make it hard to breathe. It is a serious health problem, but is treatable. Tell the doctor or clinic if a child:**

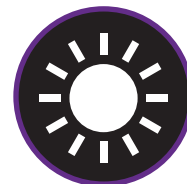
- Coughs a lot or has trouble breathing when playing (during or after physical activity) or sleeping (awakes coughing in the night or early morning).
- Wheezes or makes whistling sounds from the chest.
- Has head colds that "go to the chest" and last more than 10 days.
- Coughs, wheezes or has a hard time breathing around pets, pests, grass or weeds, tobacco smoke, perfume, dust, molds, some foods or when the weather changes.



### PROTECT BABIES from sudden infant death syndrome (SIDS).

- Put babies to sleep on their back.
- Don't place things such as soft stuffed toys, pillows or bumper pads in the crib with the baby.

### PROTECT CHILDREN from too much sunlight.



- Keep infants out of the sun.
- Apply sunscreen to children before they go outdoors.
- Have child wear tightly woven, loose fitting clothes and a hat.

### WHERE to find help

*Have more questions about your child's shots?*

Check the local phone book and call your local Health Department.

*Have more questions about Asthma or allergies?*

Call the Allergy Asthma Network  
(800) 878-4403

Call the Asthma and Allergy Foundation of America  
(800) 727-8462

*Wonder where to find a dentist?*

Call the California Dental Association:  
(800) 232-7645 or (800) CDA-SMILE

Call the California Society of Pediatric Dentists:  
(800) 503-9780

*Interested in learning more about the Healthy Families health insurance program?*

Call (800) 880-5305

*Have questions about Medi-Cal? Call (800) 322-6384*

*Want to quit smoking?*

Call the California Smoker's Helpline at  
(800) 662-8887 or (800) NO-BUTTS

*Want to find out more about SIDS?*

Call The California SIDS Program:  
(800) 369-7437 or (800) 369-SIDS

Call The Back to Sleep Campaign: (800) 505-2742



# HEALTH TIPS

## A HEALTHY CHILD

### Tips to remember